



November 2014

# BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA

HERE TO SERVE WITH CARE

## HEALTH PROMOTION

## Men's Health:

Tobacco Cessation Month

### In This Issue

Great American Smoke Out  
Tobacco Cessation Class Schedule  
Drive for Five®  
Improve Your Heart Health  
Honey, Go to the Doctor!  
Protein 101  
Monthly Nutrition Classes  
Health Promotion Calendar



# Great American Smoke Out

## G.A.S.O 2014 Day is November 20th

### Courtesy The Department of Defense Quit Tobacco – Make Everyone Proud

This does NOT have to do with tail-gating! But on Thursday, November 20th, military members and their families have an opportunity to go smoke-free for 24-hours during the Great American Smoke Out (G.A.S.O.). Smoking not only affects your health, but it poses significant risks to those around you, including your family, friends, children, and pets. By quitting smoking - just for one day - you can commit to quit and give them a chance to avoid the negative effects of secondhand smoke. The best way to protect your loved ones from the dangers of secondhand smoke is to make your home, car and workplace smoke-free zones. *For the full article and more details about G.A.S.O. go to, <http://ucanquit2.org/Events/2014/GASO.aspx>.*



This year USNH Health Promotion will again recognize G.A.S.O. campaign, at the red brick area in front of the NEX/Commissary on November 20th.

Stop by and sign your name to show support to quitting tobacco and grab some of our resources for helping you or someone you know quit tobacco.

If you or someone you know are a tobacco user interested in quitting, contact Health Promotion to find out more about our Tobacco Cessation classes: DSN 243-9776, Commercial 046-816-9776, or email [hp@med.navy.mil](mailto:hp@med.navy.mil).

For online resources and support with quitting tobacco go to, [www.UCanQuit2.org](http://www.UCanQuit2.org).





# U.S. NAVAL HOSPITAL YOKOSUKA

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## HEALTH PROMOTION

U.S. Naval Hospital Yokosuka



Health Promotions  
HP@med.navy.mil

## Tobacco Cessation and Prevention Classes Available!

These classes consist of facilitator led sessions discussing nicotine addiction and how tobacco users can direct their own path to quit and stay quit. Health Promotion has new Tobacco Cessation class options. We are located at the Fleet Rec Center, Rm 323.

Contact Health Promotion to schedule your spot in a class today!  
Call or email us at 243-9776 / 046-816-9776 [HP@med.navy.mil](mailto:HP@med.navy.mil)

### Course Information

There are 2 options, Option 1 is 4 class sessions over 2 weeks or Fast-Trak Accelerated classes have 2 classes in one week.

Session 1: Understand why you use tobacco products and how they affect you and those around you.

Session 2: Mastering the first few days of quitting.

Session 3: Mastering OBSTACLES of quitting.

Session 4: Enjoy staying quit!

Understanding Session 1	First Days Session 2	Obstacles Session 3	Tobacco Free! Session 4
1st Tuesdays 0700-0800	1st Thursdays 0700-0800	2nd Tuesdays 0700-0800	2nd Thursdays 0700-0800
1st Tuesdays 1300-1400	1st Thursdays 1300-1400	2nd Tuesdays 1300-1400	2nd Thursdays 1300-1400
1st Tuesdays 1700-1800	1st Thursdays 1700-1800	2nd Tuesdays 1700-1800	2nd Thursdays 1700-1800
Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830





# Drive for Five®

## Gearing up for Men's Health

### Preventive Maintenance Ensures Peak Performance By Erika Christ, Health.mil

**Attention Men:** When was the last time you had *your* annual inspection?  
Not on your car, but on *you*!

Much like bringing your vehicle to the dealership or garage for preventive maintenance, visiting your primary care manager (PCM) enables you to get your systems check to ensure you're operating at peak performance.

Your PCM is like a trusted mechanic – someone you can consult throughout your lifetime about various parts and performance-related issues, and who can help guide you along the road to good health.

Instead of getting an oil check, you'll have your blood pressure checked to make sure you're not at risk of suffering a heart attack or stroke. At various intervals throughout your life, you'll receive more detailed inspections, including screenings to detect potential diseases at their early stages when they're most treatable.

Since it may not be in your nature to stop and ask for directions, DoD's Operation Live Well initiative at Health.mil would simply like to steer you to the following destinations for information on preventive health services and healthy lifestyles:

<http://www.tricare.mil/preventiveservices>

<http://www.health.mil/Military-Health-Topics/Operation-Live-Well—Men's Health>

<http://www.cdc.gov/men/>



Drive for Five®: Gearing up for Men's Health is a disease education and men's health awareness initiative. It aims to bring awareness to 5 risk factors in men's health.

It also encourages men to take a more proactive approach to their health by giving them information that may help them have more productive conversations with their doctors during annual check-ups.

Contact your PCM for more information about these and other preventive health services.

U.S. Naval Hospital Yokosuka Central  
appointment line: DSN 243-5352,  
or Commercial 046-816-5352





# Improve Your Heart Health

## Controlling Cholesterol

**By: LT Pamela Cole MS, RDN, CSSD**

Risk factors such as high cholesterol, as well as high triglyceride levels, and high blood pressure don't always produce noticeable outward symptoms until something like a heart attack or stroke occurs. The medical community refers to heart disease and its risk factors as the "silent killers". According to reports from the CDC in 2009, more than half of the deaths due to heart disease were in men.

### So what is cholesterol?

Cholesterol in and of itself isn't bad. Cholesterol is a fat like substance that protects the nerves of our bodies and it's also used in the production of vitamin D, bile and hormones. Our bodies make cholesterol, and we can consume it in meat, poultry, dairy and fish. But there are good and bad cholesterol. LDL Cholesterol (L for Lousy)- The higher this is, the higher the risk. Optimally this should be below 100 mg/dL. HDL Cholesterol (H for Happy)- The higher this number is the more your heart is protected. People with HDL levels of 60 mg/dL have a lower risk of heart disease. For men, if your level is below 40 mg/dL that would be considered on the low side.

### How do people control cholesterol levels?

Some factors that influence your cholesterol, such as genetics, you have no power over, but here are a few you can control:

Weight Loss. Even losing as little as 10 lbs can reduce cholesterol levels by up to 5%.

Physical activity. Moderate daily exercise for 30 -60 min can help to improve cholesterol and blood pressure.

Cut back on saturated fats. These artery clogging fats are found in the skin of poultry, beef and high fat dairy like whole milk, cream, half and half, cheese, butter, yogurt and creamy soups/dressings. Healthier options are skinless poultry breast, small proportioned lean beef cuts like sirloin and tenderloin. Also, opt for turkey bacon and turkey sausage. Choose mostly low fat or fat free dairy like skim or 1% milk, lite cheese and lite yogurt/dressings.

Increase Fiber intake. Choosing more high fiber foods like 100% whole grain starches and brown rice; products that have 3-4 grams of fiber per 100 calorie serving. Increase the amount of natural fruits and vegetables in your diet. Frozen packs are just as healthy as fresh (if there's no added sugar or sauces). Try adding a handful of frozen berries to your morning oatmeal for a fiber boost.

Some people lead incredibly healthy lifestyles and their LDL levels are still off the charts. For



Mr. Brent Grubb, personal trainer, talks with Sailors onboard U.S.S. Curtis Wilbur about Navy Operational Fitness and Fueling System (NOFFS) during a medical stand-down training evolution.

those people they should discuss other options with their healthcare provider.

For more information on controlling your cholesterol and other health concerns, speak to a provider.

U.S. Naval Hospital Yokosuka Central  
appointment line: DSN 243-5352,  
or Commercial 046-816-5352



# Encourage Men to be Healthier

## Honey, Go to the Doctor!

By Lt Cmdr. Te'Shara E. Felder, Preventive Medicine

It's no secret that a lot of men are not as proactive as women when it comes to their health. However, studies show that men in relationships are prone to being more proactive about their health than single men. Here are some tips to encourage your guy to go to the doctor!

- As his biggest supporter, help him by researching treatment options, health facilities that make him feel comfortable, and listen to his needs.
- Observe what activities make him happy and do them together. Make it fun! Being healthy does not have to be painful or hard. Look for fun ways to build exercise into your routine, or cook a healthy meal together. Be sure to go with his energy, and stay away from *forcing* activities when he's not in a great mood.
- Attend doctor's appointments and ask questions! Be sure to not be overbearing. Sometimes playing that role can actually make his communication with you worse and overwhelm you both. Remember nagging = resistance.
- Lead by example! When you get your annual physical, make sure he gets his too, even if that means making the appointment for him.
- Men are competitive at heart. Make it a game and celebrate small and large victories together. Did he choose salad instead of steak? Make his physical appointment without you nagging him? Praise him, and show him the benefits. It's more likely he will do it again.

Schedule an appointment FOR HIM with a healthcare provider.

U.S. Naval Hospital Yokosuka Central appointment line: DSN 243-5352, or Commercial 046-816-5352.





# Protein 101

## How Much Protein Do You Need?

By: Lt. Pamela Cole, Registered Dietician

While protein is not a major fuel source like carbohydrates or fat, it serves as a building block of muscles and other tissues in the body. Proteins are made up of strings of compounds called amino acids. Some amino acids are known as “essential” because the body is not able to make them. All animal based protein like poultry, beef, fish and dairy offer these types of amino acids. It’s still ideal though to get a nice balance of both plant and animal based proteins in your diet for long-term health. By making a smart protein game plan, you can minimize the stress from intense athletic training. And since protein is slow to digest, it’s very filling when added to meals and snacks. Those looking to lose weight can help control hunger by making sure that they include quality protein throughout the day.

Keep in mind that too much protein is never a good thing either. Long-term ultra high protein diets are associated with an increase in calcium excretion in urine, which can negatively impact bone health.

### So how much protein do you need?

#### Daily Protein Recommendations

##### The average Joe:

0.36 grams of protein per pound of body weight

##### Endurance athletes:

0.54 g/lb – 0.64 g/lb

##### Athletes who strength train:

0.72 g/lb – 0.77 g/lb

##### Maximum intake for ANY athlete:

1 g/lb

Here are some healthy sources of protein that you can add to your diet. Mix and match animal and plant protein for a balanced diet!

Animal Protein	Cal	Fat (g)	Prot (g)
6 oz cooked shrimp	170	2	36
6 oz lobster meat	170	1	35
6 oz Alaska king crab	165	2.5	33
6 oz scallops	150	1.5	29
3 oz roasted chicken breast	140	3	27
3 oz broiled lean top sirloin	160	5	26
1 cup nonfat cottage cheese	120	0	25
3 oz lean broiled filet mignon	160	7	24
3 oz broiled lean pork tenderloin	140	4	24
4 oz 90% lean ground beef	200	11	23
6 egg whites	100	0	22
3 oz wild Alaskan salmon	155	7	22
1 cup nonfat plain yogurt	140	0	15
2 whole hard boiled eggs	150	11	13
8 oz glass of skim milk	90	0	9

Plant Protein	Cal	Fat (g)	Prot (g)
1 cup cooked lentils	230	0	19
1 cup cooked kidney beans	200	1.5	13
4 oz low fat tofu	60	2	10
3 oz edamame (boiled soy-bean in pod)	120	4.5	9
1 oz dry roasted peanuts (no salt)	160	14	7
1/2 cup instant oatmeal	155	3	6.5
1 oz dry roasted almonds (no salt)	170	15	6
1/2 cup garbanzo beans	140	1.5	6
1/2 cup cooked quinoa **	130	2	5
1 cup brown rice	215	2	5
2 cups cooked cauliflower	60	2	5

\*\* Quinoa, like animal products offer a complete source of protein





# Monthly Nutrition Classes at USNH Yokosuka



## Prenatal Nutrition Class

2nd Friday of every month at 1400.  
Please call 243-7128 to reserve a seat.

## Weight Management Nutrition Class

Last Tuesday of every month at 0930.  
Please call 243-7128 to reserve a seat.



These classes are taught by USNH Yokosuka's Registered Dietitians and are a way to educate the members of the community about a healthy lifestyle, highlighting key points of nutrition while busting some of the myths. Classes are available to civilians, military, and contractors registered in the DEERS system.





# U.S. NAVAL HOSPITAL YOKOSUKA

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## HEALTH PROMOTION



## November 2014 Men's Health and Tobacco Cessation

SUN	MON	TUE	WED	THUR	FRI	SAT
						<b>1</b> Phi Beta Sigma Health Fair Yokosuka Community Resource Center 0800-1300
<b>2</b>	<b>3</b> HFA 0800, 0830, 0900, 0930 & 1000	<b>4</b> HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 1) 0700-0800, 1300-1400, 1700-1800	<b>5</b> HFA 1400 & 1430	<b>6</b> HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 2) 0700-0800, 1300-1400, 1700-1800	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b> HFA 0800, 0830, 0900, 0930 & 1000	<b>11</b> HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 3) 0700-0800, 1300-1400, 1700-1800	<b>12</b> HFA 1400 & 1430	<b>13</b> HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 4) 0700-0800, 1300-1400, 1700-1800	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> HFA 0800, 0830, 0900, 0930 & 1000	<b>18</b> HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 1&2 Fast Track) 1700-1830	<b>19</b> HFA 1400 & 1430	<b>20</b> HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 2&3 Fast Track) 1700-1830 Great American Smoke Out, Red Brick Area	<b>21</b>	<b>22</b>
<b>23/30</b>	<b>24</b> HFA 0800, 0830, 0900, 0930 & 1000	<b>25</b> HFA 0800, 0830, 0900, 0930 & 1000	<b>26</b> HFA 1400 & 1430	<b>27</b> Thanksgiving Holiday Office Closed	<b>28</b> Office Closed	<b>29</b>

### HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess certain parameters of your body & provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals & preparing a personalized plan to meet those goals. Initial appointments are available in 1-hr increments Mon, Tues, & Thurs at 0800, 0830, 0900, 0930 & 1000, as well as Weds 1400 & 1430. Follow-up weigh-in appointments are available by walk-in when office is open. Contact Health Promotion today to setup an appointment! **\*BE SURE TO CONSULT A PHYSICIAN BEFORE BEGINNING ANY NEW FITNESS PLAN.**

### USNH HEALTH PROMOTION

Fleet Rec Center, Rm 323  
243-9776 / 046-816-9776 /  
HP@med.navy.mil

### TOBACCO CESSATION & PREVENTION:

This course consists of 4 class sessions where public health strategies and evidence-based medicine are used to address nicotine addiction. The goals of this program are: reduce initiation of tobacco use, increase tobacco cessation, and reduce environmental tobacco smoke. Contact Health Promotion to schedule your spot in the course today!